

Summer 2015 Group Fitness Schedule

Ends Sunday, August 30, 2015

(Updated Mon, Aug. 10)

*Schedule may change at anytime; please reference the website for the most updated version: <https://starport.jsc.nasa.gov/>

Monday			
Time	Class	Location	Instructor
5:45-6:30 a.m.	SPINNING®	Studio 2	Kim
6-7 a.m.	BODYPUMP™	Studio 1	Carissa
6-7 a.m.	Hatha/Classical Yoga	Studio 3	Laura
9-10 a.m.	BALLEAN™	Studio 1	Alison
11-12 p.m.	Yoga Blend	Studio 1	Luca
11:30-12:15 p.m.	SPINNING®	Studio 2	Melanie
11:30-12:30 p.m.	Hatha/Classical Yoga	Studio 3	Laura
4:30-5:15 p.m.	Beginner Tai Chi	Studio 1	Barbara
4:30-5:15 p.m.	Beginner SPINNING®	Studio 2	Melanie
5:30-6:15 p.m.	Dance Jam	Studio 1	Heather
5:30-6:15 p.m.	SPINNING®	Studio 2	George
5:45-6:45 p.m.	Zen Deep Stretch	Studio 3	Alison
6:30-7:30 p.m.	BODYPUMP™	Studio 1	Leslie
6:30-7:45 p.m.	Long Ride Spin	Studio 2	Liz

Tuesday			
Time	Class	Location	Instructor
6-7 a.m.	Hatha/Classical Yoga	Studio 3	Laura
10-10:45 a.m.	Active Adults	Studio 1	Tonya
11-12 p.m.	BODYPUMP™	Studio 1	Tonya
11:30-12:30 p.m.	Pilates	Studio 3	Tracy
11:30-12:15 p.m.	SPINNING®	Studio 2	Crystal
12:15 - 1:15 p.m.	Taekwondo	Studio 1	Stan
4-4:45 p.m.	Zumba®	Studio 1	Tiffany
5-5:45 p.m.	BALLEAN™	Studio 1	Alison
5-5:45 p.m.	SPINNING®	Studio 2	Jessica
5:45-6:45 p.m.	Pilates	Studio 3	Chloe
6-7 p.m.	Dance Jam	Studio 1	Jessica

Wednesday			
Time	Class	Location	Instructor
5:45-7 a.m.	Ride & Run	Studio 2	Liz
6-7 a.m.	BODYPUMP™	Studio 1	Carissa
11:30-12 p.m.	Warrior Mobility	Studio 1	Erin
11:30-12:15 p.m.	Beginner Yoga	Studio 3	Bharathi
12-12:30 p.m.	H.I.I.T.	Outer Space	Nichole
12:30-1:30 p.m.	Beginner Tai Chi	Studio 1	Barbara
3:30-4:15 p.m.	Zumba Gold®	Studio 1	Tiffany
4:30-5:15 p.m.	BODYPUMP™ Express	Studio 1	Leslie
4:30-5:15 p.m.	SPINNING®	Studio 2	Melanie
5:30-6:15 p.m.	Muscle Jam	Studio 1	Heather
5:30-6:15 p.m.	SPINNING®	Studio 2	Kim
5:45-6:15 p.m.	Yoga Express	Studio 3	Linda
6:30-7:15 p.m.	Zen Deep Stretch	Studio 1	Alison
6:30-7:15 p.m.	Roll With It	Studio 3	Heather

Thursday			
Time	Class	Location	Instructor
6-7 a.m.	Hatha/Classical Yoga	Studio 3	Laura
10-10:45 a.m.	Active Adults	Studio 1	Jim
11-12 p.m.	BODYPUMP™	Studio 1	Luca
11:30-12:30 p.m.	Pilates	Studio 3	Tracy
11:30-12:15 p.m.	Beginner SPINNING®	Studio 2	Jim
12:15-1:15 p.m.	Taekwondo	Studio 1	Melissa
4-4:45 p.m.	Step & Sculpt	Studio 1	Leslie
4:30-5:15 p.m.	SPINNING®	Studio 2	Rai
5-5:45 p.m.	Kickboxing	Studio 1	Carissa
5:45-6:45 p.m.	Pilates	Studio 3	Chloe
6-7 p.m.	Taekwondo	Studio 1	Charles

Friday			
Time	Class	Location	Instructor
5:45-6:30 a.m.	SPINNING®	Studio 2	Jessica
6-7 a.m.	Hatha/Classical Yoga	Studio 3	Laura
6:45-7:15 a.m.	Core Strength Fusion	Studio 1	Jessica
11:30-12:30 p.m.	Long Ride Spin	Studio 2	Crystal
11:30-12:15 p.m.	Beginner Yoga	Studio 3	Bharathi
12:15-1:15 p.m.	Taekwondo	Studio 1	Matt
12:30-1:30 p.m.	Mindful Vinyasa	Studio 3	Bharathi
3:30-4:15 p.m.	Fierce FUNK®	Studio 1	Tiffany
4:30-5:15 p.m.	SPINNING®	Studio 2	Rai
5:30-6:15 p.m.	SPINNING®	Studio 2	Lisa
5:45-6:45 p.m.	Yogalates	Studio 3	Jim

Saturday			
Time	Class	Location	Instructor
8:30-9:30 a.m.	Long Ride Spin	Studio 2	Melanie
9-10 a.m.	Cardio Blast	Studio 1	Jennifer
10:15-11:15 a.m.	BODYPUMP™	Studio 1	Leslie/Carissa
11:30-12:30 p.m.	Tabata & Abs	Studio 1	Sherif

Sunday			
Time	Class	Location	Instructor
12:45-1:45 p.m.	Taekwondo	Studio 1	Charles
1-1:45 p.m.	Zen Spin	Studio 2	George/Jessica
2-3:15 p.m.	Cardio, Core & More	Studio 1	Cinda

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